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Case Study

MANAGEMENT OF *EK KUSHTHA* (PSORIASIS) WITH *VIRECHANA KARMA* - A CLINICAL CASE REPORT

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ABSTRACT

Virechana is a therapeutic purgation in Ayurveda that mainly addresses imbalances of *Pitta Dosha* in *Ek Kushtha*, hence aiding in the removal of accumulated endotoxins. This purification process assists in reestablishing *Dosha* harmony, which is crucial for achieving long-term relief and preventing the recurrence of the condition. The clinical features of *Ek Kushtha* can be corelated with psoriasis. The three clinical features seen in patient of psoriasis are Auspitz sign, candle grease sign and Koebner's phenomenon which can be correlated with *Aswedanam Mahavastu Matsyashakalopamam*. A 48-year-old male patient came to our *Panchakarma* OPD presenting with erythematous patches across the body. *Virechana karma* was planned after clinical examination. *Abhyantra snehan* was given in *Arohana matra* (30ml) with *Panchtikta Ghrit* followed by *Sarvanga Abhyanga* and *Sarvanga Swedan*. Patient was subjected to *Virechana* with *Trivrit Lehya* and *Draksha Kashaya*. For the next seven days, the patient underwent *Sansarjana krama*.

INTRODUCTION

Psoriasis is an immune-mediated chronic inflammatory skin disorder affecting approximately 2-3% of the global population.[1] It is characterized by erythematous plaques with silvery scales, often accompanied by itching, burning, and discomfort. Modern medicine views psoriasis as a complex condition influenced by a combination of genetic factors, immune system abnormalities, and environmental triggers. Traditional treatments primarily aim to manage symptoms, utilizing options like topical corticosteroids, phototherapy, and immunosuppressive drugs. While these treatments can offer temporary relief, they may also come with the risk of unwanted side effects.

In Ayurveda, psoriasis correlates with *Ek Kushtha*, a subtype of *Kushtha* (skin disorders), arising from imbalances in *Vata* and *Kapha doshas* and often involving *Pitta dosha*.

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Ayurveda diagnosis is *Ek kushta*, a *Vata Kapha* predominant *Kushta* presenting with *Aswedanam, Mahavastu,* and *Matsyashakalopamam*[2]. *Samshodhana,* followed by *Samshamana* medications, is the basis of treatment for all varieties of *Kushta*[3] The pathophysiology involves *Dhatu agni* (tissue metabolism) impairment and *Ama* (toxic metabolites) accumulation, disrupting skin health and systemic homeostasis. *Panchakarma* therapies, particularly *Virechana* (therapeutic purgation), address the disease's root causes by detoxifying the system, balancing *Doshas*, and enhancing tissue metabolism. This case report outlines a structured Ayurvedic treatment protocol, detailing its implementation, efficacy, and long-term outcomes.

Case Presentation

Patient with a history of gradually developing red, scaly lesions on his arms, legs, and trunk. The condition began with small patches on the forearms and has progressively spread to cover larger areas, now involving both the upper and lower extremities, as well as the back and chest. The patient experiences intermittent itching, particularly at night, accompanied by a burning sensation but no significant pain. The patient identifies stress and consumption of spicy foods as potential triggers that aggravate the

condition, while the application of cool compresses and herbal pastes provides temporary relief. He reports no systemic symptoms such as fever, joint pain, or general malaise. With these complaints patient visited OPD of Patanjali Yogpeeth Hospital, Haridwar, Department of Panchakarma.

History of Past Illness

No history of DM

History of HTN

Personal History

- Diet- Mixed
- Appetite- Good
- Bowel- Irregular
- Micturition- Normal
- Sleep- Disturbed

Dashvidhpariksha

- *Prakruti- Vata Pitta*
- *Vikruti – Kapha Rakta*
- *Sara- Madhyam*
- *Pramana – Madhyama*
- *Satwa – Pravara*
- *Satmya – Madhyama*
- *Ahara Shakti – Madhyama*
- *Vyayama Shakti – Madhyama*
- *Vaya – Madhyama*

General Examination

- Pallor – Absent
- Icterus – Absent
- Koilonychias – Absent
- Lymphadenopathy – Absent
- Edema – Absent

Systemic Examination

- CNS – Conscious, well oriented
- CVS – S1, S2 heard normal
- R.S – Normal vesicular breathing sounds heard

Skin Examination

- Lesions– Well defined erythematous papules and plaques with silvery white scales
- Surface – Dry/rough
- Discharge – Absent
- Temperature – Normal
- Auspitz sign – Positive
- Koebner's phenomenon – Present

INVESTIGATION:

- Hb – 13.27 g/d
- TLC – 8.10/L
- DLC – Neutrophils: 70.85%

Lymphocytes: 20%

Monocytes: 5.82%

Eosinophils: 3.01%

Basophils: 0.24%

- Glucose (Fasting) – 92.1mg/dl
- TSH – 1 microIU/Ml
- SGOT – 18.4U/L
- SGPT – 11.7U/L
- Total Cholesterol – 133.5 mg/dl

Nidan

Ahara - Excessive intake of milk, curd, *Kulatha, Masha, Katu Rasa Ahara, Virudha Ahara*

Vihara - Shoka, Chinta and *Ratri Jagarana*

Samprapti

1. ***Nidana* (Causative Factors)**

   Simultaneous vitiation of *Tridosha (Vata, Pitta, Kapha)*

   Disturbance in *Dhatu* configuration *(Shaithiya)*

2. **Involvement of *Tridosha***

   Vata, Pitta, Kapha

3. **Impact on *Dushyas***

   Twaka (Skin)

   Rakta (Blood)

   Mamsa (Muscle)

   Lasika (Lymphatic System)

4. **Final Manifestation**

   Kushtha (Skin Disorders)

Samprapti Ghatak

- *Dosha- Tridosha (Vata-Kapha Pradhana)*
- *Dushya -Twakaa, Rakta, Mamsa, Lasika Srotasa Rasa, Rakta, Mamsa, Meda*
- *Srotodushti- Sanga and Vimargagamana*
- *Agni -Jatharagni* and *Dhatwagnimandya*
- *Udbhavasthana- Amashaya, Pakwashaya*
- *Sancharsthana- Tiryag Sira*
- *Adhishthana -Twacha*
- *Vyadhimarga- Bahya*
- *Swabhava -Chirkar*

Therapeutic Intervention

Duration	Medication	Dose	Route	Frequency	*Anupanam*
September 26, 2024	*Chitrakadi vati*	2 tb	Oral	Twice a day after meal	Warm water
September 27, 2024	*Chitrakadi vati*	2 tb	Oral	Twice a day after a meal	Warm water
September 28, 2024	*Panchatikta Ghrita*	30 ml	Oral	Morning empty stomach	Warm water

September 29, 2024	*Panchatikta Ghrita*	60 ml	Oral	Morning empty stomach	Warm water
September 30, 2024	*Panchatikta Ghrita*	110 ml	Oral	Morning empty stomach	Warm water
October 1, 2024	*Panchatikta Ghrita*	150 ml	Oral	Morning empty stomach	Warm water
October 2, 2024	*Panchatikta Ghrita*	180 ml	Oral	Morning empty stomach	Warm water
October 3, 2024	*Mulethi oil* *Sarvang vashp swedan*	-	External	Morning	
October 4, 2024	*Mulethi oil* *Sarvang vashp swedan*	-	External	Morning	
October 5, 2024	*Mulethi oil* *Sarvang vashp swedan*	-	External	Morning	
October 6, 2024	*Mulethi oil* *Sarvang vashp swedan* *Trivrit avleha* *Draksha kashya*	60gm + 150ml	Oral	Morning	Warm water

No. of *Vegas* – 24

***Shuddhi* –** *Uttama*

***Antiki Shuddhi* –** *Kaphanta*

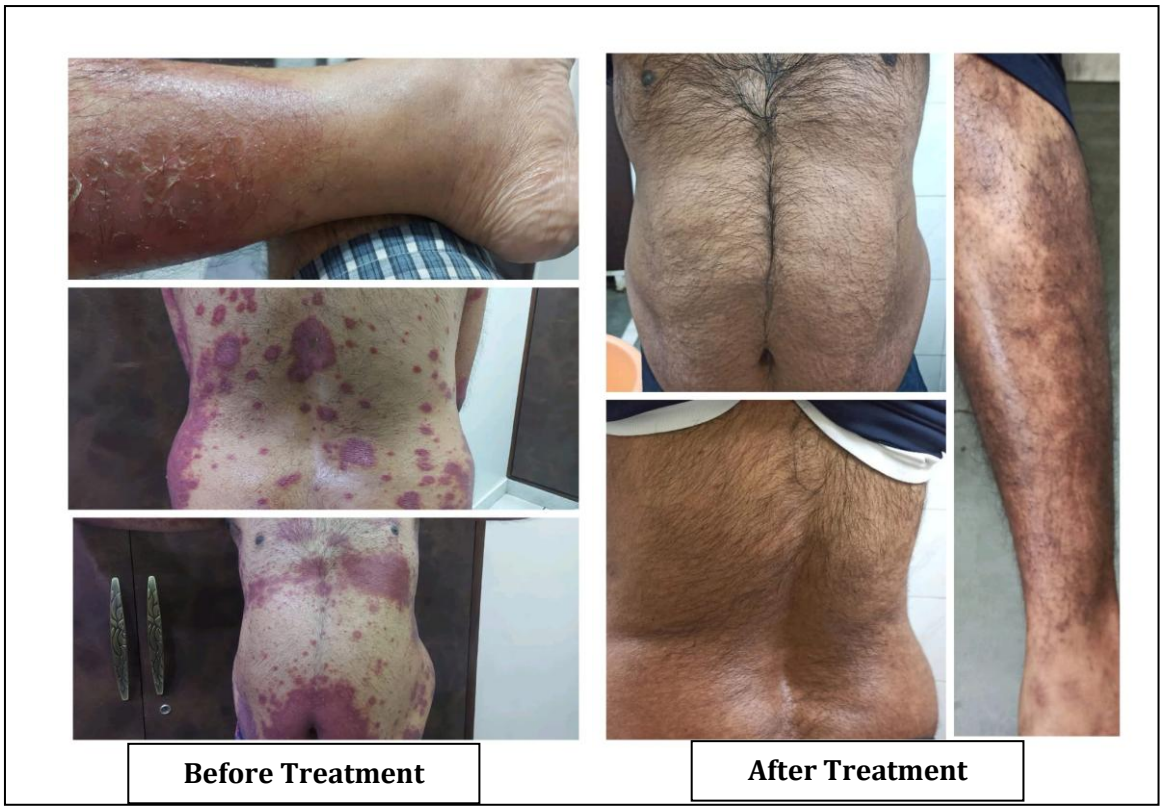
Peyadisamsarjana Karma was followed after *Virechana* for next 7 day

Samsarjan Karma

Day	***Pradhana Shuddhi* (Maximum Purification)**	***Madhyama suddhi* (Moderate Purification)**	***Avara Shuddhi* (Mild Purification)**
1	*Peya* (thin rice gruel)	*Peya* (thin rice gruel)	*Peya* (thin rice gruel)
2	*Peya* (thin rice gruel)	*Peya* (thin rice gruel)	*Peya* (thin rice gruel)
3	*Vilepi* (thicker rice gruel)	*Vilepi* (thicker rice gruel)	*Vilepi* (thicker rice gruel)
4	*Vilepi* (thicker rice gruel)	*Akruta Yusha* (vegetable/lentil soup)	*Vilepi* (thicker rice gruel)
5	*Akruta Yusha* (vegetable/lentil soup)	*Akruta Yusha* (vegetable/lentil soup)	*Akruta Yusha* (vegetable/ lentil soup)
6	*Akruta Yusha* (vegetable/lentil soup)	*Kruta Yusha* (vegetable soup with ghee)	*Kruta Yusha* (vegetable soup with ghee)
7	*Kruta Yusha* (vegetable soup with ghee)	*Kruta Yusha* (vegetable soup with ghee)	*Kruta Yusha* (vegetable soup with ghee)
8	*Kruta Yusha* (vegetable soup with ghee)	*Kruta Yusha* (vegetable soup with ghee)	*Kritanna* (normal meal with rice, bread)
9	*Kritanna* (normal meal with rice, bread)	*Kritanna* (normal meal with rice, bread)	*Kritanna* (normal meal with rice, bread)
10	*Kritanna* (normal meal with rice, bread)	*Kritanna* (normal meal with rice, bread)	*Kritanna* (normal meal with rice, bread)

RESULTS

Signs and Symptoms	Before Treatment	After Treatment
Dryness	Present	Absent
Itching	Present	Absent
Scaling of skin	Present	Absent
Excessive sweating	Present	Reduced
Discoloration	Present	Reduced



DISCUSSION

This case exemplifies the holistic approach of Ayurveda in managing psoriasis by addressing both systemic and local pathological factors. The preparatory phase, involving internal and external oleation, ensured effective mobilization of toxins. *Virechana karma*, the cornerstone of treatment, facilitated the elimination of *Pitta* and *Kapha doshas*, which are primarily implicated in psoriasis.

The use of *Panchtikta Ghrit*, known for its anti-inflammatory and detoxifying properties, complemented the detoxification process while nourishing skin tissues. External therapies, including *Abhyanga* and *Swedana*, provided symptomatic relief by improving circulation and softening scales. Post-procedural dietary regimens ensured the restoration of gut health, preventing *Ama* formation and supporting sustained remission.

The patient's adherence to lifestyle modifications, such as dietary restrictions and stress management techniques, played a crucial role in preventing recurrence. These observations underscore the importance of integrating patient education and lifestyle interventions into treatment protocols.

CONCLUSION

This case report highlights the efficacy of Ayurvedic interventions, particularly *Panchakarma*, in managing chronic conditions like psoriasis. The structured approach ensured symptomatic relief, improved quality of life, and sustained remission, demonstrating the potential of Ayurveda as a complementary and integrative approach. Further research with larger patient cohorts is essential to validate these findings and develop standardized treatment protocols.

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